

WE ARE  
MACMILLAN.  
CANCER SUPPORT

# MACMILLAN WHERE YOU LIVE

Devon and Cornwall • Spring 2009

## Macmillan Cancer Support – one and all

As a keen rower and runner nearing 6ft 6", the last thing you expect to hear is that the pins and needles in your hands and feet, plus the numbness in your face are down to an inoperable brain tumour. Sadly this was the news given to Lieutenant Commander John Pesse, Air Engineering Officer on Sea Harrier jets with 814 Squadron at RNAS Culdrose.

Ali, John's wife, took him to RCH Treliske where a CT scan revealed a mass on the brain. As 6 weeks of intensive radiotherapy started, the couple came into contact with Macmillan's services. Eve Thorp, (Hospital Clinical Nurse Specialist) became a

huge support, and referred John to Carrie Biddle, (Speech & Language Therapist), to help him overcome speech and swallowing problems.

When John was well enough to go home, Angela Carey (Macmillan

Community Clinical Nurse Specialist), stepped in to support the couple, recommending physiotherapy with Michelle Earl (Macmillan Physiotherapist) and Viv Martin (Physio Assistant).

By 2007 the tumour had grown, and he gradually deteriorated. Eve managed to get him back to Helston Hospital to be near home and his three young daughters, where he died on August 15 2007. Both Ali and the children received bereavement counselling from Macmillan Bereavement Counsellor Jenny Lewis, and Ali became determined to give something back to the charity that had helped their family.



Lt Cdr John Pesse

When friends from RNAS Yeovilton held a dinner in memory of John, they raised an amazing £2,300, and the Sea Harrier Association was born! When asked which charity she wanted the money donated to, Ali had no hesitation in naming Macmillan Cancer Support. Lt Cdr Graham Napier, Tom Dawson, Brian Stanley and Lew Lewin travelled to Truro to present Fundraising Manager Noelle Wilton with the cheque. Our heartfelt thanks to the fantastic four, and to Ali for being such a wonderful ambassador for Macmillan.



Lew, Brian, Ali Pesse, Eve Thorp, Carrie Biddle, Tom, Lt Cdr Graham Napier



Nicky Smith – Macmillan Volunteer and superstar!

# Nicky helps us raise a pound for every four donated!

What is special about Nicky you may ask? She is one of the growing band of Macmillan Volunteers. She responded to our article in the local paper to give some of her time to help those living with cancer. We chatted about her previous experience, and found something to suit both the amount of time she could give us and also her strengths.

'I really enjoy coming in to the office to help with the gift aid. Macmillan sent someone to train me. It is nice to have a role that is mine and I really am pleased to know that I can make a difference.'

Nicky comes to our fundraising office regularly and looks after all the gift aided donations made by donors. This is a huge help to our staff and allows them

to get on with doing other things.

Could you do the same? We give training in all sorts of tasks, such as helping to count money, visiting groups to give talks or doing research for us from home on your computer. If you are interested just give us a call and we can talk about it. We have just the role for you!

## On your marks

Now that the days are getting longer there are few excuses for not getting out in the fresh air and taking part in some of Macmillan's marvellous events. Whether it's a walk, bike ride, a run or something a little more unusual, this year we've made it even easier for you to find out more.

There's something for everyone no matter how fit you are or where you live, from moonlight walks across the Malverns or the Camel trail, cycling through Warwickshire or Dorset, to pounding the streets of Bristol or Birmingham, taking to the water in a coracle in Shropshire or even swimming from Padstow to Rock. You could even walk across England on the 290 mile Macmillan Way!

If you have younger members of your family at school, or if you or your friends are teachers, we know that the Macmillan Big Sports Day will really grab your interest. New for 2009, it's easy to join in. You could simply hold

your school sports day as usual, but ask every pupil to bring in a suggested £1 donation. How about a sponsored teacher's race? All children love to see their teacher's letting their hair down. You could make it a little more interesting and have a three-legged, fancy dress race or even an obstacle race complete with Macmillan space hoppers and sacks!

Visit [www.macmillan.org.uk/Get\\_Involved](http://www.macmillan.org.uk/Get_Involved) and click on any of the event types or 'In your area' to find out more. If you'd like to register for the Big Sports Day, all the info you need is at [www.macmillan.org.uk/bigsportsday](http://www.macmillan.org.uk/bigsportsday) or you can call 0845 601 1716.



# It's nightwalk season!

Macmillan has discovered an unusually rich seam of opportunity in which to raise funds and awareness. Our 'ladies only midnight walk' events typically attract 2,000 ladies who walk around 12 miles through the early hours of the morning raising as much as £150,000!

With each event, we work with the local newspaper, and share organisation with another local charity. This year's events are taking place in Exeter (April 18, Express & Echo), North Devon (May 9, North Devon Journal) and Torbay (June 6, Herald Express).

Reflecting on last year's North Devon event, Macmillan's Judith Jolly said: 'There was a real magical atmosphere. Lights were twinkling on both sides of the river. The weather was kind and it was like a wonderful carnival. All sections of the community

contributed to make the event possible but the stars were the ladies who, by spending a night in one of the most lovely spots in Devon, provided a tremendous boost to our local cancer care services.'

Fellas are needed too! For each event we need an army of stewards, helping ensure our ladies complete the event safely.

If you and your friends would like to get involved in this girl's night out with a difference, or if your business can provide 'in kind' support, please get in touch.



In the pink of condition before the 2008 Big Midnight Walk in Torbay

## Dive in and lend a hand

At the end of 2008, Macmillan made a splash on TV and radio, in newspapers, magazines, in your high street and online, with a campaign to raise awareness of our services and the support we offer. Many of you got involved in different ways, from putting up Macmillan posters in your local doctor's surgeries and libraries to allowing us to share your story with journalists. Huge thanks to everyone who took part in this massive joint effort, but what did we achieve?

More than 40 million people across the UK saw a Macmillan advert, and nearly 160,000 people visited our website. The campaign prompted over 7,000 people to give us a call – 69% of whom had never contacted us before. Put simply, it meant that thousands of lives were changed and many more people are now aware of the vital support we provide.

Before this campaign, we were reaching 1 in 3 people living with

cancer; we now reach 1 in 2. By the end of 2010, our ambition is to reach and improve the lives of everybody living with cancer. It's a tall order, but with your continued hard work and support we can do it!

So as 2010 approaches, how about getting more involved? You could volunteer with your local fundraising office. The opportunities are endless and don't necessarily require a long term commitment. Alternatively, why



not share your story with us, so that we can ask more journalists to write articles? This always makes a major impact on the number of people we reach and it's not as daunting as it may initially sound!

To lend a hand volunteering, call your local fundraising office, or phone Nicki in the regional communications team to tell your story on 01264 343807.

# What's on

18 April 2009

## Exeter Night Walk

Supported by the Express & Echo, this is the first ever ladies only midnight walk event to be held in the regional capital. We hope to see at least 1,500 ladies take part for what promises to be a fantastic moonlit challenge. Volunteer stewards needed. Event shared with Exeter Leukaemia Fund. For information please call 01392 333777 or go to [www.thisisexeter.co.uk](http://www.thisisexeter.co.uk)

9 May 2009

## North Devon Nightwalk

### Barnstaple, Bideford and Torrington

Supported by the North Devon Journal, more than 2,000 ladies choose one of four different routes along the beautiful roads and paths of North Devon. Volunteer stewards are needed. Event shared with North Devon Hospice.

For information visit [www.macmillan.org.uk/Devon](http://www.macmillan.org.uk/Devon) or call the Launceston Fundraising office on 01566 770810.

24 May 2009

## Plymouth Half Marathon

Back for a tenth year, the Plymouth Half Marathon traces the City's magnificent history. Entries are now



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open and are filling up fast. To support Macmillan, runners should register their place, then get in contact for a free runner's pack.

For information visit [www.plymouthhalfmarathon.co.uk](http://www.plymouthhalfmarathon.co.uk) or call the Launceston Fundraising office on 01566 770810.

6 June 2009

## The Big Midnight Walk

### Torbay

Supported by the Herald Express, last year's 'sell out' event saw 1,700 ladies revelling in this very special moonlit challenge. The entry limit has been raised to 2,000 for 2009. Event shared with Rowcroft Hospice.

For information visit [www.bigmidnightwalk.co.uk](http://www.bigmidnightwalk.co.uk) or call 01803 217 641.

21 June 2009

## Torbay Half Marathon & Fun Run

### Torbay Seafront

Macmillan is one of two official race charities for the fourth successive year. To join our Macmillan runners and receive a free runner's pack, please contact our Paignton fundraising office.

For race information visit: [www.torbayhalfmarathon.co.uk](http://www.torbayhalfmarathon.co.uk)

Saturday 27 June 2009

## Midsummer Midnight Madness

Join us for our first ever midsummer walk in conjunction with Marie Curie Cancer Care. We will be walking 11 miles from Padstow to Wadebridge and back again, Entry is £15 with a £75 minimum sponsorship, or for children entry is £5 with £25 minimum sponsorship. All proceeds will be split equally between the 2 charities. For more details please ring Noelle or Penny on 01209 211442

11 July 2009

## Kennaway House Concert Sidmouth

Held in the Regency home of East Devon's first Member of Parliament, the Blackmore Singers will head a programme of musical entertainment with strawberries and sparkling wine included. For information call 01395 519317 or visit [www.macmillan.org.uk/Devon](http://www.macmillan.org.uk/Devon)



BBC Radio Cornwall's Laurence Reed starts the 2008 swim

Sunday 19 July 2009

## Padstow to Rock Swim

Our 'must do' swim is on Sunday July 19. We have 300 places for the swim, so book early! Once over at Rock we will have a presentation of certificates, food and entertainment. We will also have the iconic white t-shirt for each competitor. Entry is £30 and there is a prize for the most sponsorship raised. For more information contact Noelle or Penny on 01209 211442

Saturday 19 September 2009

## Black Tie Charity Ball

### Torquay

In aid of Macmillan & Help for Heroes, this year's Ball is to be held at The Palace Hotel, Torquay. James Bond theme with fun casinos, a Frank Sinatra Tribute Singer, live music from The Cadence and much much more! Tickets £40. For further information please contact Joyce Sharpe on 01803 812743.

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Macmillan Cancer Support, Mid, South & East Devon Fundraising Office, 95 Torquay Road, Paignton, Devon TQ3 2SE  
Tel 01803 528004 Fax 01803 528688 [www.macmillan.org.uk/devon](http://www.macmillan.org.uk/devon)

Macmillan Cancer Support, North Devon, Plymouth & Tamar Valley Fundraising Office, Suite 4 Sheers Barton Barns, Lawhitton, Launceston, Cornwall PL15 9NJ Tel 01566 770810 [www.macmillan.org.uk/devon](http://www.macmillan.org.uk/devon)

Macmillan Cancer Support, Cornwall Fundraising Office, 11 Seton Business Centre, Scorrier, Redruth, Cornwall TR16 5AW  
Tel/Fax 01209 211442 [www.macmillan.org.uk/cornwall](http://www.macmillan.org.uk/cornwall)

Macmillan CancerLine 0808 808 2020

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